

Middletown Recreation & Community Services

RECREATION DIVISION BROCHURE

FEATURING ACTIVITIES FROM SEPTEMBER 1 THRU OCTOBER 31



Middletown Recreation will now be producing five brochures annually.

Look for the most up to date version at
www.middletownct.gov/Recreation

⇒ September 1 - October 31

⇒ November 1 - December 31

With NEW information & registration for programs that maybe subject to change, upon further local and state guidance.

PLEASE REGISTER EARLY TO ENSURE YOUR SPOT!



Middletown Recreation 61 Durant Terrace Middletown CT 06457

860.638.4500

www.middletownct.gov/recreation



**FACE COVERING IS REQUIRED TO ENTER
THE BUILDING AND PARTICIPATE
IN ANY RECREATION PROGRAM.**

Face coverings required.
Please keep 6 ft apart.



Non-medical masks, bandanas, scarves,
and cloth can be used.

A FACE COVERING IS NOT REQUIRED:

- IF THE PARTICIPANT HAS A MEDICAL CONDITION THAT IS AFFECTED BY THE USE OF A MASK.
- PLEASE BRING YOUR DOCTOR'S MEDICAL NOTE STATING THAT YOU WILL BE AFFECTED BY THE USE OF THE MASK.
- IF THE PARTICIPANT IS UNDER THE AGE OF 2.

ACTIVE MEMBERS OF THE MILITARY & VETERANS WHO ARE MIDDLETOWN RESIDENTS CAN:

- * RECEIVE A FREE FAMILY MEMBERSHIP TO THE SKATING RINK.
- * RECEIVE A FREE FAMILY MEMBERSHIP TO VETERANS MEMORIAL POOL.
- * ATTEND SPECIFIED RECREATION PROGRAMS AT NO CHARGE INCLUDING THOSE THAT ARE CURRENTLY FREE TO SENIOR MEMBERS OF OUR COMMUNITY. THESE CURRENTLY INCLUDE, BUT MAY BE MODIFIED, LAP SWIMMING, WATER FITNESS, ADULT EXERCISE, AND CIRCUIT TRAINING.



COVID 19 REQUIREMENTS FOR ATTENDING CLASSES

- ⇒ If you do not feel well, please stay home!
- ⇒ If you have been in contact with someone who has tested positive for COVID 19 within the last 14 days or if you have traveled within the last 14 days to a state on the “State of Connecticut Advisory List,” please do not attend class. <https://portal.ct.gov/Coronavirus/Travel>
- ⇒ Plan to arrive 10 minutes before class time to be checked in. All participants will be asked if they have had a temperature in the last 24 hours and will need to sanitize their hands.
- ⇒ Any participant with a temperature of 99.5 or higher will be sent home and advised to contact their medical provider.
- ⇒ Please wear a mask or face covering. Parents/Adults must wear a mask at all times. Children under the age of 2 years do not need to wear a mask.
- ⇒ Only those registered for the class may attend. If you are enrolled in a parent/child class, only one parent may attend with the child.
- ⇒ Please be respectful of other participants.
- ⇒ Follow CDC’s guidance on personal hygiene prior to attending class.
- ⇒ Cover your cough or sneeze with a tissue or cough/sneeze into your sleeve.
- ⇒ Participants must adhere to social distancing standards, 6 feet or more away from another participant.
- ⇒ The Recreation Department reserves the right to send any participant home for any reason.
- ⇒ If you test positive for COVID 19 and are currently registered for a class you will need to test negative before being able to participate in the program and no earlier than 10 days after you first test positive.
- ⇒ You must be fever free for at least 24 hours without the use of fever reducing medication, and other symptoms are improving.
- ⇒ If you test positive, you must agree to cooperatively participate in any contact tracing program required by the Department of Health.

COVID 19 PHYSICAL DISTANCING IN PUBLIC PARKS AND TRAILS

1. Do not use parks or trails if you are exhibiting symptoms, have been exposed to COVID-19, or have traveled to one of the states on Connecticut’s Travel Advisory List.
2. Follow CDC’s guidance on personal hygiene prior to visiting parks and trails.
3. Be prepared for limited access to public restrooms and water fountains.
4. Share the trails/parks. Warn other users of your presence and wear your mask as you pass.
5. Avoid touching your face - eyes, nose, and mouth. Be careful what you touch.
6. Cover you cough or sneeze with a tissue or cough/sneeze into your sleeve.
7. Observe CDC’s minimum recommended social distancing of 6 feet from other persons at all times.
8. Wash often for at least 20 seconds with soap and water. If soap is not available, use an alcohol-based hand sanitizer.
9. Wear a face covering or a mask.
10. Take out what you take in or use trash cans to dispose of trash. Do not throw trash on the ground.
11. Follow all posted signs.

GENERAL INFORMATION

RECREATION AND SENIOR CENTER:

Monday-Friday, 8:30 am - 4:30 pm,
excluding state and federal holidays

PARKS OFFICE:

Monday-Friday 7:00 am - 3:30 pm

MEDICAL:

The City of Middletown has liability insurance but does not carry accident insurance for participants. Personal health and accident insurance is recommended. All participants must sign our medical release waiver form before participating in our programs. For participants under the age of eighteen, a parental signature is required.

RESIDENT/NONRESIDENT:

Resident and nonresident taxpayers will be given priority in registering for Middletown Recreation programs. Nonresident taxpayers are defined as individuals owning real estate in the City of Middletown in accordance with 214-40 B (2) of the Middletown Code of Ordinance.

RETURNED CHECKS:

- There is a \$10.00 fee for a returned check.
- Refunds not given once a program has begun, however, in the event of injury or illness, a refund request will be considered if accompanied by a doctor's note. No refunds on tickets, trips, rink or pool passes.
- Absolutely no refunds will be given for any unused portion of a program/activity.
- All refunds subject to a \$25 processing fee.
- All refunds are issued back in the original payment format. Except cash, a check will be issued.

Programs and fees are contingent on available funding.

- The Recreation & Community Services Staff has made every effort to prepare this brochure as accurately as possible. However, due to publication deadlines, program information may require that adjustments be made to programs, fees, schedules, etc. We apologize for any inconvenience this may cause.
- For the most up to date version of our brochure please visit our website www.middletownct.gov/recreation.

Keep in mind

CITY OF MIDDLETOWN

Mayor Benjamin D. Florsheim
Recreation and Community Services
Commission

Chair: Phil Pessina

Commissioners:

Jeanette Blackwell	Winfred Lee
Akbar Coffy	Ed Dypa
Lincoln Everest	Matt Fraulino
Anthony Jaskot	Kristen Jensen
Sal Uccello	Dan Deconti

Please like us on Facebook for all the most up to date information and or closing information for Middletown Recreation.

Middletown CT Rec



MIDDLETOWN RECREATION & COMMUNITY SERVICES PROGRAMS ARE HELD AT THE FOLLOWING SITES

Bielefield	70 Maynard Street
Farm Hill	390 Ridge Road
Lawrence	Kaplan Drive
Macdonough	66 Spring Street
Moody	300 Country Club Road
Spencer	207 Westfield Street
Snow	299 Wadsworth Street
Wesley	Wesleyan Hills Road
Keigwin	99 Spruce Street
Woodrow Wilson	370 Hunting Hill Ave
Middletown High	200 LaRosa Lane
Senior & Community Center	61 Durant Terrace

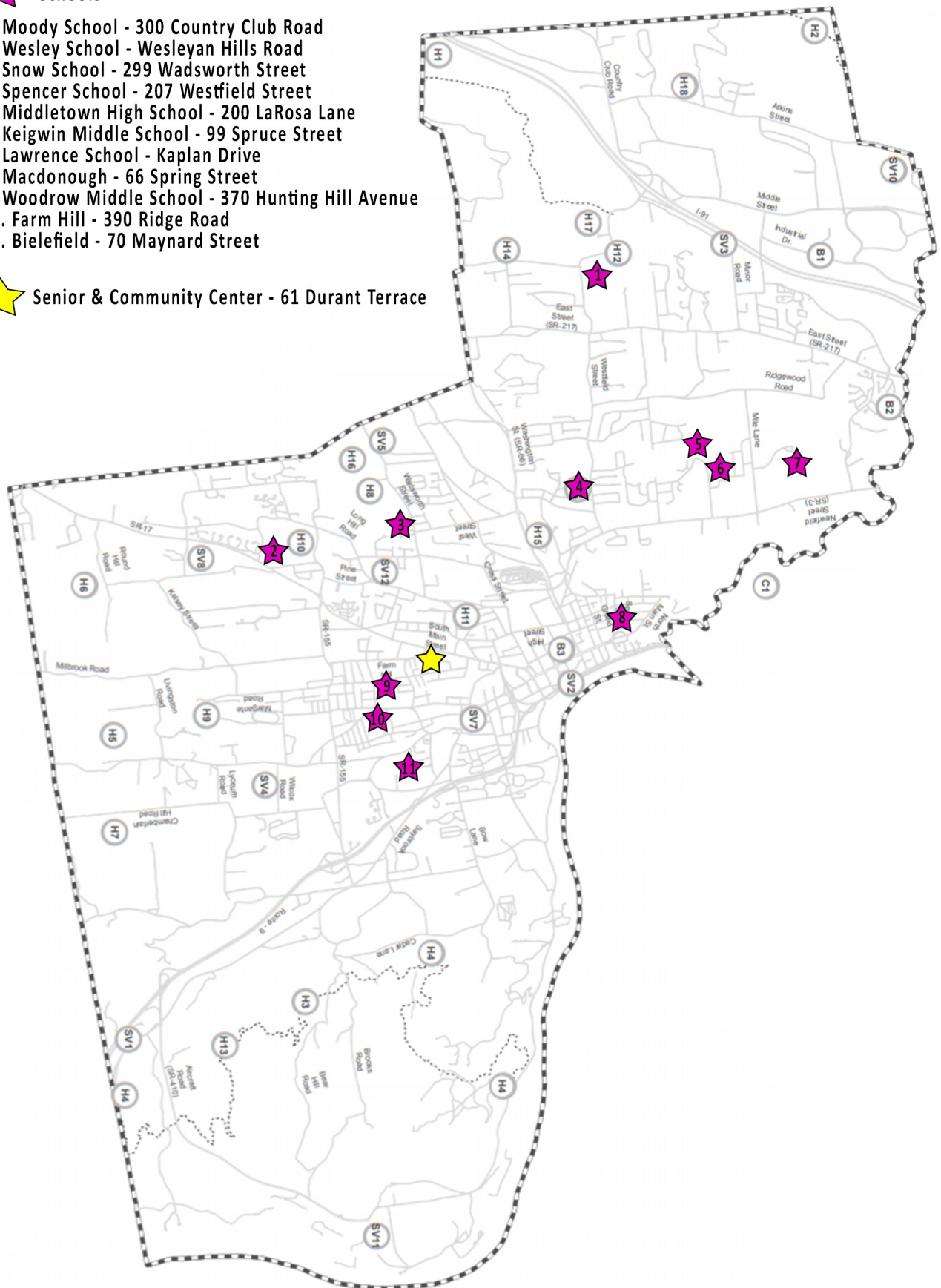


Schools

1. Moody School - 300 Country Club Road
2. Wesley School - Wesleyan Hills Road
3. Snow School - 299 Wadsworth Street
4. Spencer School - 207 Westfield Street
5. Middletown High School - 200 LaRosa Lane
6. Keigwin Middle School - 99 Spruce Street
7. Lawrence School - Kaplan Drive
8. Macdonough - 66 Spring Street
9. Woodrow Middle School - 370 Hunting Hill Avenue
10. Farm Hill - 390 Ridge Road
11. Bielefeld - 70 Maynard Street



Senior & Community Center - 61 Durant Terrace



Department Contact Information

RECREATION DIVISION

Office	860.638.4500
Office Fax	860.344.3319
Director - Cathy Lechowicz	860.638.4505
Manager - Karen Nocera	860.638.4502
Supervisor - Dean Wilborn	860.638.4503
Budget Analyst - Jody Picard	860.638.4508
Clerk - Becky Carroll	860.638.4500



Email - rec@middletownct.gov

Like us on Facebook! **Middletown CT Rec**

Follow us on Instagram! **@MiddletownCTRec**

SENIOR DIVISION

Recreation and Senior Center

Office	860.638.4540
Director - Cathy Lechowicz	860.638.4505
Manager - Ann Gregg	860.638.4548
Coordinator - Heidi Geores	860.638.4541
Specialist - Laura Runte	860.638.4542
Clerk - Becky Carroll	860.638.4500

Email - seniors@middletownct.gov

Like us on Facebook! **Middletown Senior Services**



PARKS DIVISION OF PUBLIC WORKS

319 Butternut Street

Office	860.638.4520
Office Fax	860.343.8097
Parks Superintendent - Brian Young	860.638.4522
Parks Clerk - Christina Giurintano	860.638.4521
Field Conditions and or Cancellations	860.344.3552
Field and or Park Reservations	860.638.4520



Park Hours

Parks open sunrise to sunset for walk - ins

Winter December 1 - February 28

Gates open 8:00 am and close at 2:30 pm

Summer March 1 - November 30

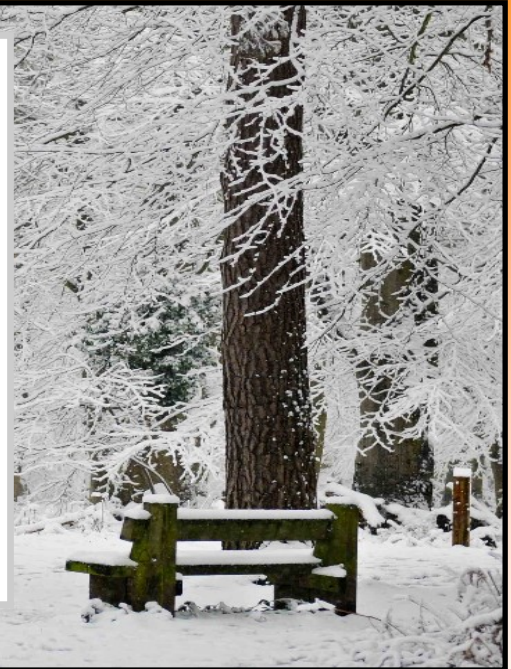
Gates open at 8:00 am and close at sunset



Snow Day Policy

Please check local news stations for Middletown Public Schools closings

- If schools are CLOSED for the day ALL RECREATION PROGRAMS ARE CANCELLED.
- If schools have an early dismissal AFTERNOON AND EVENING RECREATION PROGRAMS ARE CANCELLED.
- For the most up to date notifications
We also post on our Facebook page ~ MiddletownCTRec
We also post on our Instagram page ~ MiddletownCtRec
- When in doubt call the Recreation Division @ 860.638.4500 or email us at rec@middletownct.gov.



Recreation Mission Statement

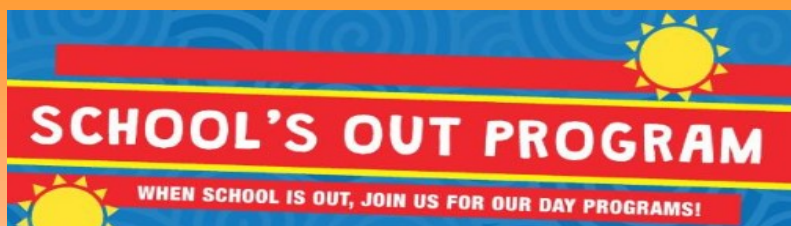
The Recreation & Community Services Department is committed to offering safe and quality programs, that enhance the quality of life for all Middletown residents with regard to recreational, athletic, leisure, and senior services. We hope to promote healthy lifestyle choices in an environment that values, embraces, and enriches individual differences. Through community partnerships, long range planning, and professional management, the Department is committed to the highest level of equitable service, integrity, safety, and fiscal management. Recreation will help foster learning opportunities that help encourage personal growth and challenge individuals to develop new skills.

Inclusion Mission Statement

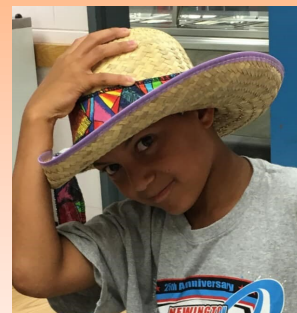
The Middletown Recreation and Community Services Department recognizes the value of including people with all levels of ability as a means of strengthening our community and providing a recreational choice. We provide opportunities for people with and without disabilities to experience recreation together. We strive to enhance each individual's potential for full and active participation through specialized programs designed for those who need more assistance.

For specific information concerning policy and programming, please call our office at 860.638.4500.

The Mayor's [Committee Concerning People with Disabilities \(CCPD\)](#) is an organization of citizen volunteers dedicated to helping Middletown become fully accessible for all people. The Committee is dedicated to awareness, concern, communication, encouragement, service and support. The CCPD meets the first Tuesday of the month at 6:00pm in the Conference Room at The Senior and Community Center, located at 61 Durant Terrace.



Ages 5 to 13 Residents Only
 Fee \$ 30 for Camp 8:00 am - 4:00 pm
 Registration Number 120120
 No bus transportation & A MAXIMUM OF 40
 Enjoy a day of games, arts & crafts, and more!
 Please bring your own lunch and drinks.



NO SCHOOL	EVENT	DATE	DAY	SITE
ELECTION DAY	CAMP	NOVEMBER 3	TUESDAY	FARM HILL
HOLIDAY RECESS	CAMP	DECEMBER 28	MONDAY	FARM HILL
HOLIDAY RECESS	CAMP	DECEMBER 29	TUESDAY	FARM HILL
HOLIDAY RECESS	CAMP	DECEMBER 30	WEDNESDAY	FARM HILL
WINTER RECESS	CAMP	FEBRUARY 16	TUESDAY	WWMS
WINTER RECESS	CAMP	FEBRUARY 17	WEDNESDAY	WWMS
SPRING RECESS	CAMP	APRIL 5	MONDAY	SPENCER
SPRING RECESS	CAMP	APRIL 6	TUESDAY	SPENCER
SPRING RECESS	CAMP	APRIL 7	WEDNESDAY	SPENCER
SPRING RECESS	CAMP	APRIL 8	THURSDAY	SPENCER
SPRING RECESS	CAMP	APRIL 9	FRIDAY	SPENCER

HOLIDAY RECESS	REC SWIM	DECEMBER 30	WEDNESDAY	WWMS POOL
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WINTER RECESS	MANES IN MOTION	FEBRUARY 16	TUESDAY	MANES IN MOTION
WINTER RECESS	REC SWIM	FEBRUARY 17	WEDNESDAY	WWMS POOL

SPRING RECESS	MANES IN MOTION	APRIL 6	TUESDAY	MANES IN MOTION
SPRING RECESS	REC SWIM	APRIL 9	FRIDAY	WWMS POOL

These dates may be subject to change, if the Middletown Public Schools Calendar changes.

PUMPKIN DECORATING

Ages 12 & under

Sunday, October 4

Rain or Shine

9:00 am - 10:30 am

10:30 am - 12:00 pm

12:00 pm - 1:30 pm

TO PARTICIPATE YOU MUST BE PREREGISTERED IN ONE OF THE THREE TIME SLOTS.
25 PARTICIPANTS AND UP TO TWO REGISTERED FAMILY MEMBERS PER TIME SLOT.
PARENTS AND CHILDREN MUST PREREGISTER THIS YEAR.

THERE IS NO FEE FOR PARENTS.

EVERYONE OVER 2 MUST WEAR A MASK AT ALL TIMES.

Crystal Lake off of Livingston Road

Fee: \$ 5 for resident registered by October 2 @ 4:00 pm

\$ 10 for nonresident registered by October 2 @ 4:00 pm

Registration Number: 517030

Pumpkin Decorating

Pumpkins & decorating materials provided.

Come dressed to paint, create, and have fun.

Bring something to Tie Dye

Scavenger Hunt

Lots of games and crafts

And more!

Thank you to Dunkin, Lyman's and Gotta's Farm for donating!



RAFFLE PRIZES WILL BE ANNOUNCED DURING EACH TIME SLOT.



The Great Pumpkin Scavenger Hunt!

Our Recreation Staff will hide pumpkins throughout Middletown and especially our Middletown Parks, from October 1 - October 31.

We will post a photograph with one or two clues of the pumpkins location, on our Facebook page. Everyone can come participate in this fun activity, just find the numbered pumpkin.

Take a picture and post to our Facebook page. Please keep the pumpkin and you will be contacted and win some great prizes.

MiddletownCtRec 





HALLOWEEN CANDY CAR CRUISE AT CRYSTAL LAKE

OCTOBER 24

DRIVE THROUGH TRICK OR TREAT

11:00 am - 3:00 pm

RAIN DATE OCTOBER 31

Participants must stay in their vehicle.

Come in costume and bring your own candy bag to fill.

TEN YEARS OF UNIFIED



Come see our UNIFIED THEATER annual performance!

MHS Performing Arts Center

Only 50 seats available each show

Tickets must be prepurchased @ <https://webtrac.middletownct.gov>

Registration # 355355

\$10

Monday, October 26

Wednesday, October 28

Friday, October 30

Monday, November 2

Wednesday, November 4

Friday, November 6

Saturday, November 7

DOORS OPEN @ 6:00 PM

SHOWS @ 6:30 PM

YOU ARE ASKED TO STAY IN YOUR SEAT AND WEAR A MASK AT ALL TIMES

HOUSEHOLD MEMBERS MAY BE SEATED TOGETHER

**Unified Theater is a student-driven initiative
that facilitates inclusion of all students through performing arts.**

PUT THE SPOTLIGHT ON ABILITY



**TRICK OR TREAT
ON THE CITY HALL FRONT LAWN**

FRIDAY OCTOBER 30

10:00 am - 11:00 am

and

3:00 pm - 4:00 pm

245 deKoven Drive

**Come in costume and
trick or treat outside city hall.
No pre -registration required.**

Everyone 2 and over must wear a face mask!

HALLOWEEN PHOTO CONTEST

Send us pictures of...

- ◇ Children/Families in Halloween costumes
- ◇ The spooky decorations on your house
- ◇ Your best jack o' lantern creations
- ◇ Your scariest scarecrow
- ◇ A seasonal sidewalk chalk creation



Submit pictures to karen.nocera@middletownct.gov by November 2
for a chance to win a Dunkin gift card!



What can you do with your old Halloween Costumes??

Middletown Recreation will be accepting gently used Halloween Costumes.

We will distribute costumes in October 2021.

Help us make sure every child wears a costume next Halloween.



HALLOWEEN OUTDOOR MOVIE



SATURDAY, OCTOBER 24

RAINDATE

SATURDAY, OCTOBER 31

@ CRYSTAL LAKE

YOU MUST PREREGISTER YOUR FAMILY BY EMAILING REC@MIDDLETOWNCT.GOV
AND WE WILL SEND YOU A CONFIRMATION RECEIPT, FOR ATTENDANCE.

TAKE A FUN QUIZ & SUBMIT TO REC STAFF FOR A DUNKIN GIFT CARD!!

ARRIVAL STARTS @ 5:30 PM

MOVIE STARTS @ 6:15 PM

FAMILIES NEED TO BE FIFTEEN (15) FEET APART FROM OTHERS



HALLOWEEN OUTDOOR MOVIE NIGHT



Have some fun in your kitchen creating a fun HALLOWEEN DESSERT!

Get creative this Halloween and bake some delicious treats.

Please take a picture of your creation then email it to us,

REC@MIDDLEOWNCT.GOV, by October 30.

Winners in each category will receive a \$25 gift card to
Downtown Business District to use anywhere accepted downtown.

Categories include :

Spooky

Funny

Most Creative

HALLOWEEN BAKE OFF
DON'T MISS A TRICK!

ART CONTESTS FOR KIDS OF ALL AGES

ART CONTESTS FOR KIDS OF ALL AGES

CREATE A PICTURE OF SOMETHING UNIQUE TO MIDDLETOWN

- ◇ DROP OFF TO: MIDDLETOWN RECREATION
61 DURANT TERRACE
- ◇ PLEASE MAKE SURE THAT THE ART WORK IS LABELED WITH YOUR FULL NAME, AGE GROUP AND A PHONE NUMBER.
- ◇ PLEASE USE TABLOID SIZE PAPER OF 11" BY 17 "
- ◇ SUBMIT ART WORK BY NOVEMBER 30,
- ◇ DROP OFF: MONDAY - FRIDAY 8:30 - 4:30

FOR A CHANCE TO WIN A DUNKIN GIFT CARD!

◇ AGE GROUPS :

- 1) 5 AND UNDER
- 2) 6 - 10
- 3) 11 - 16
- 4) 16 +



MIDDLETOWN HAS MANY PARKS, PONDS, LAKES, SCHOOLS,
A GREAT MAIN STREET AND SO MUCH MORE.

PICK SOMETHING UNIQUE TO "MIDDLETOWN "
AND HAVE FUN !!

MIDDLETOWN SCAVENGER HUNT FOR FAMILIES

Please email us @ Karen.nocera@middletownct.gov,
with your best try at answers
and pictures,
and receive a \$5 gift card
to Dunkin'. Sponsored by Batista Dunkin'.



LOTS OF FUN QUESTIONS
FOR ALL ABOUT MIDDLETOWN
DOWNLOAD THE SCAVENGER HUNT @
MIDDLETOWNCT.GOV/RECREATION



ELIGIBILITY: Any student in Preschool – 12th grade is invited to participate.

Entries may be grouped together, depending upon number of entries. Only one student or group per entry.

PRIZES: A first and second place prize will be awarded for each category, including a People’s Choice Award.

SIZE: Sculptures should not be so large, heavy, or delicate that it cannot be easily moved or transported. One person should be able to easily carry the entered sculpture.

MATERIALS: All entries must be constructed of materials that have been **USED** at least once and would have been recycled or thrown away. Any material or item may be used, unless they contain or have previously contained a hazardous substance.

DEADLINE: All individuals may bring their entries to the Recreation Department now until Wednesday, November 25, 4:00 pm. No late entries will be accepted. An official entry form, signed by a parent/guardian must be attached to each entry to be officially entered into the contest. Winners will be announced on the City website on Friday, December 4.

JUDGING: The decision of the judges is final. Sculptures will be awarded based on creativity and artistic excellence.

DISPLAY: Projects will be on display at City Hall until December 18th. We will recycle all entries after January 15, 2021.

ALL SCULPTURES, JEWELRY OR CREATION MADE FROM RECYCLED MATERIALS ARE WELCOME.

Please email rec@middletownct.gov with any questions or call 860.638.4500.





Recycled Sculpture Contest

Official Entry Form

Name: _____

Address: _____

Phone: _____

Grade: _____

Age: _____

Sculpture Description:

I hereby certify that this entry was created by the student above and agree that it may be displayed by the City of Middletown. I understand that the entry must be picked up after the display period.
The City of Middletown will not hold sculptures after January 15, 2021.

Parent or Guardian Signature:

Please attach this sheet to your sculpture and submit it to the Recreation Department at 61 Durant Terrace between September 14th and November 25th at 4:00pm.

Please email rec@middletownct.gov or call 860.638.4500 with any questions.

Categories:

Individuals: Preschool – 6th grade

Individuals: 7th grade – 12th grade

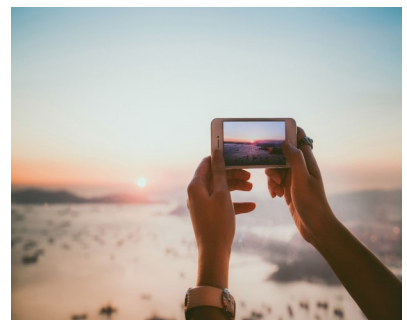
Family Group Entry





PHOTO CONTEST

- ⇒ DO A FUN OUTDOOR ACTIVITY WITH YOUR FAMILY OR ON YOUR OWN.
- ⇒ SEND ONE PICTURE TO REC@MIDDLETOWNCT.GOV.
- ⇒ YOU CAN HIKE, SWIM, WORK IN THE GARDEN, FISH, WALK ETC.
- ⇒ EACH PICTURE SUBMITTED WILL BE ENTERED INTO A DRAWING FOR A \$25 **DBD GIFT CARD** TO BE USED ANYWHERE DOWNTOWN THAT ACCEPTS THE GIFT CARD.
- ⇒ OUR DEPARTMENT WILL DRAW THREE WINNERS RANDOMLY ON NOVEMBER 30.
- ⇒ GO HAVE FUN AND SEND US YOUR PICTURE.
- ⇒ ALL SUBMISSIONS MAY BE USED IN FUTURE ADVERTISEMENTS, BROCHURES OR ON FACEBOOK.
- ⇒ ALL PICTURES MUST BE TAKEN IN MIDDLETOWN.



YARN BOMBING FOR VETERANS PARK POOL

~ CALLING ALL KNITTERS ~

Yarn bombing is a form of street art that employs colorful displays of knitted or crocheted yarn or fiber. Would you help us decorate the exterior fence to the pool for everyone to enjoy!

Share your love of knitting and meet other crafters and enjoy knitting as a social activity. Once you have finished your creations, please drop them off to the Recreation Office so we can get the fence decorated for the summer season!



LEARN HOW TO SLIDE!

FREE GIRLS SOFTBALL SLIDING CLINIC

GIRLS AGES 8 -16

MAXIMUM OF 25 GIRLS

TO BENEFIT THE LOU PETRUZZELLO MEMORIAL SCHOLARSHIP FUND.

Donations are WELCOME!

Make your checks out to MHS Booster Club.

All checks MUST be given to Coach Jill.

Scared to slide? Want to learn the correct way to slide?

Do you want to learn how to dive back into bases?

Instruction will go over the basics and for all players, teach safety and skills, and for advanced players more advanced slides, pop-up, and hook slides.

September 8

6:00 pm - 7:00 pm

Pat Kidney Softball Complex, Middletown

Coach Jill Daley

Participants must be preregistered at middletownct.gov/recreation

Reg # 331103

MUST WEAR a helmet, a towel, a water bottle, an extra pair of socks.

WEAR softball pants. Be prepared to get wet.

COVID 19 ~ Safety measures will be in practice.

The girls must wear masks.

Hand sanitizer and gloves will be made available.

Watch this fun video to see how the class

<https://www.youtube.com/watch?v=J3oyOBgUbtQ>





CREATING CRAFTS TO GO

AGES 3 - 5

MUST BE PREREGISTERED BY THE TUESDAY BEFORE!!

**PREREGISTERED
BY TUESDAY**

**PICK UP
FRIDAY**

THEME

**ACTIVITIES
WITH BOOKS**

4:30 - 5:30

SEPTEMBER 15

SEPTEMBER 18

APPLES

**APPLE COUNTING BOOK
CRAFT**

OCTOBER 20

OCTOBER 23

**PUMPKINS
HALLOWEEN**

**HALLOWEEN CRAFT
PUMPKIN LETTER MATCH**

NOVEMBER 17

NOVEMBER 20

**THANKSGIVING
THANKFULNESS**

**LEARNING ABOUT THE FIRST
THANKSGIVING**

DECEMBER 15

DECEMBER 18

HOLIDAYS

CELEBRATING ALL HOLIDAYS

Registered participants will receive everything they need to do these fun activities at home!

Residents only \$2 per craft.

Registration Number: 300300

READelicious Fun

READelicious Fun

Ages 2—5

Saturday, September 12 **CANCELLED**

10:00 am —11:00 am ANIMALS

Senior and Community Center Outside

Saturday, October 3 **CANCELLED**

10:00 am —11:00 am TRANSPORTATION

Saturday, November 14

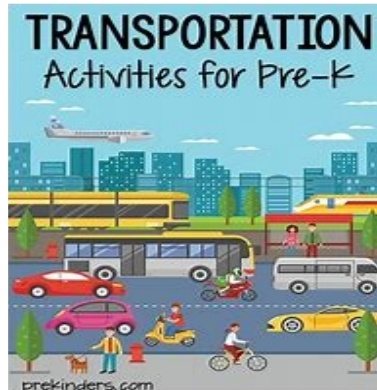
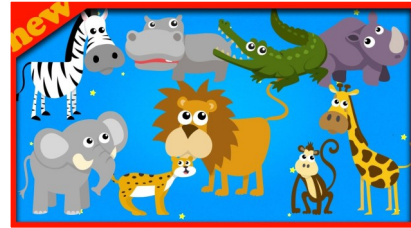
10:00 am —11:00 am WEATHER

\$5 per session resident participant only

Any accompanying adult is free

Senior and Community Center

Registration Number: 300300



Each class begins with a fun read aloud story and ends with a related craft project.

We will have different activities planned with our Recreation staff.

Come ready to have lots of fun.

To participate you must be preregistered!!



Reading
Is
\$0000000000
Delicious!



Middletown Public Schools is providing Clever Kids University, a bilingual mobile kindergarten readiness app, FREE to Middletown children and their families.

This engaging app will help your child excel at reading and be better prepared for school.

Download the app and play with your child 15 minutes each day.

Register for FREE at www.myf2b.com/register/middletown



CARNIVAL DAY

Ages 4 - 10 **To participate you must be preregistered!!**

Saturday, October 10

Doors open at 9:45 am Carnival starts 10:00 am - 11:30 am

Fee \$10 resident \$15 nonresident

Senior & Community Center

Registration Number: 300001

To participate, you must be preregistered.

Lots of traditional carnival day activities. Come ready to play and have fun.



TRICK OR TREAT AT CITY HALL

TBD BY OCTOBER 15 IF WE WILL HOLD THIS EVENT

Friday October 30

10:00 am - 4:00 pm

City Hall 245 deKoven Drive

Come in costume and trick or treat in city hall.

No pre-registration required.

All adults MUST wear a face mask



DINOSAUR DAY

Ages 4 - 8 **To participate you must be preregistered!!**

Saturday, November 7

Doors open at 9:45 am Activities start 10:00 am - 11:30 am

Fee \$10 resident \$15 nonresident

Senior & Community Center

Registration Number 300001

Lots of traditional dinosaur activities.

Come ready to play and have fun.



SESAME STREET PARTY To participate you must be preregistered!!

Ages 1.5 -5 We encourage parents to stay and play with their children.

Saturday November 21

Doors open at 9:45 am Activities start 10:00 am - 11:30 am

Fee \$10 resident \$15 nonresident

Senior & Community Center

Registration Number: 300001

Lots of fun games and activities with your favorite Sesame Street characters!

Come ready to play and have fun.



WORLD ART

To participate, you must be preregistered.

Session 1 Saturdays

Art Around The World! Art Around the World: All the world's a studio! With locations around the world, Abrakadoodle is helping kids to be creative everywhere. This series focuses upon art from four Abrakadoodle locations: the United States, Panama, Indonesia, Singapore, and Japan. In each class, Abrakadoodle artists are learning more about world artists, culture, and traditions as they explore unique sculptures, create vibrant paintings, and discover rich cultural traditions. This series even includes quirky robots and sleepy dogs!

- September 12** Japan: Nara dog sculpture
- September 19** Malaysia: Nga Robot Painting
- September 26** China: Guanzong Ink Town Scene Doodle
- October 3** Panama: Cisco Merel Landscape using shapes
- October 10** United States: Jeff Koons Balloon animals sculpture
- October 17** Indonesia: Wayang Kulit Shadow Puppets!



Session 2 Saturdays

We travel the World! Explore new media such as rice painting, newspaper watercolor (with music) and sculpture!

Without leaving the country our imagination will plug us to Austria, Germany, and India!

We will visit a lollipop garden; we will play on a watercolor piano and more!

- October 24** Egyptian Mummy Doodle
- October 31** Portugal: Musical Collage
- November 7** France: Watercolor French Landscape
- November 14** United States: Winslow Homer Ocean Painting
- November 21** Canada: There was An Old Lady Who Swallowed A Fly Doodle, based on the popular book
- November 28** New Zealand: Hundertwasser Lollypop Garden

PLEASE PREREGISTER #175175 <https://webtrac.middletownct.gov/> Fee \$12 a week for residents & \$15 for nonresidents

bballou@abrakadoodle.com

Abrakadoodle.com/ct-central-connecticut/

9:00 - 9:45	Twoosy Doodlers	Ages 20 months – 36 months
10:00 - 10:45	Mini Doodlers	Ages 3-5
11:00 - 11:45	Doodlers	Ages 6 and up

BINGO FOR EVERYONE - YOU MUST PREREGISTERED TO RECEIVE THE WEBEX LINK

To participate you must be preregistered and pick up your two bingo cards per person before the games start, please call us at 860.638.4500 and let us know when you are coming down. MAXIMUM 100 PEOPLE

\$3 resident ~ Includes 2 cards Registration Number: 547060



BACK TO SCHOOL BINGO AT CRYSTAL LAKE (NOT VIRTUAL)

SATURDAY OCTOBER 3

Games start promptly at 10:30 AM

10:30 - 12:00

To participate you must be preregistered !!



VIRTUAL BINGO

Friday October 23

Games start promptly at 5:30

Games 5:30 pm - 7:30 pm

To participate you must be preregistered !!

ALL PRIZES MUST BE PICKED SATURDAY OCTOBER 24 FROM 10:00AM - 12:00 PM.



VIRTUAL TURKEY BINGO

Friday November 20

You could win the Thanksgiving Turkey !

Games start promptly at 5:30

Games 5:30 pm - 7:30 pm

To participate you must be preregistered !!



BABYSITTER SAFETY

Instructor: Life Safe Services, LLC
Ages 11-17



Keeping Life Safe
888-767-0050



Saturday, October 10

9:00 am – 2:00 pm

Fee per Session:

\$75 resident

\$80 nonresident

Recreation and Community Center

Socialization Room Registration Number: 318318



This is an entry level course, which once consisted of two parts, intended to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother's helper, and individual babysitting concepts. The course focuses on safety with emphasis on prevention. Other topics include hand washing, diapering, bottle feeding, personal safety, and interview skills. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. First Aid including adult and child CPR (requires passing written and skills testing to receive 2 year certification).

Booklet, handouts, and Babysitter Safety Certificate of completion included. Bring a snack, lunch, and drink.

To participate you must be preregistered !!

GORAN VASIC SOCCER FALL CLINIC

Saturdays

September 19 - October 24

Ages 4 & 5 9:00 am - 10:00 am

Ages 6 -10 10:00 am - 11:00 am

Fee per Session \$95 resident
\$105 nonresident

Long Hill Road Fields

Registration Number: 370370

Goran Vasic - 1.201.532.3778

Please call Goran for more information.



To participate you must be preregistered !!

CURIOUS CREATURES

All Ages

To participate you must be preregistered !!

Weather permitting this will be held outside .

Saturday, September 26

10:30 - 11:30 am

Senior & Community Center

Fee: \$3 resident \$5 nonresident

Curious Creatures staff of exhibitors teach respect and appreciation for exotic and unusual animals. The presentation is hands on, interactive and includes interesting facts & stories about curious creatures.

Registration Number: 312260



GOOP, GAK, SLIME, & MORE

Ages 4 - 10

To participate you must be preregistered!!

Weather permitting this will be held outside.

Saturday, October 3

11:00 am — 12:00 pm

Senior & Community Center

Fee: \$7 resident \$10 nonresident

Squish, splash, smash, squelch, splash, slime, drop, smear, spray, and ooze are some of the things we will do/hear during this fun hands-on program. Children are doing many things at once when engaged in discovering, investigating, interpreting, and even collaborating.

Active learning through messy play. What child doesn't want to get slimed or at the least play with it?

Each day we will make a new a group 'creation' and allow for individual crafting.

The possibilities are endless.

Registration Number: 118150



VIRTUAL KIDSCAPADES VIA ZOOM A Zoom link and materials list will be emailed.

Senior and Community Center Art Room

Fee \$15 resident \$20 nonresident

Instructor: Elena Bigio kidscapadesllc@gmail.com

Registration Number: 360360



Wednesday, September 16

10:00 am - 10:30 am

Fairies & Potions: Ages 3-4

Join us for a class mesmerizing fun with engaging experiences perfect for both genders. We will make magical fairy/wizard potions, sparkling fairy dust and a wand fit for both fairies and wizards!

Wednesday, September 16

4:30 pm - 5:00 pm

Create A Calm Box: Stress/Anxiety Relief For Kids: Ages 5 - 8

A hands-on approach to relieve some stress and anxiety kids are feeling these days by incorporating sensory calming activities. Sensory calming activities will also help your child when they are feeling restless, anger and frustration and may be helpful to prevent meltdowns. In this class we will create a calming putty, calming bottle to keep inside the calm box for future use.

Wednesday, October 21

10:00 am -10:30 am

Pirate Adventures: Ages 3-4

Calling all pirates of all genders! Our adventure takes us to create a one of a kind treasure box, a pirate ship and sword. The adventure concludes with a treasure bottle eruption!

Wednesday, October 21

4:30 pm - 5:00 pm

Spooky Science: Ages 5-8

Science is super fun, especially during Halloween! Get into the spirit and fun of both by conjuring up a witches potion, make a ghostly bubble concoction and create a haunted light show! Ghosts and goblins will have so much fun, they won't realize they are learning too!



K - 2 INSTRUCTIONAL BASKETBALL

To participate you must be preregistered!!

Kindergarten Mondays starting November 16
First grade Tuesdays starting November 17
Second grade Wednesdays starting November 18

Time: 6:00 pm - 7:00 pm

Site: Bielefield or Spencer School

Just one time this year !!

Shirt Size:

Youth Small Youth Medium Youth Large Adult Small

Fees: \$15 resident \$20 nonresident

Registration Number: 316100

On Registration Form, please indicate grade/day, time choice, site, and shirt size!

Noncompetitive, 10 session program which emphasizes basic skills, ball handling, good sportsmanship, and fun!

Children should bring their own intermediate sized ball to each session.

Please consider volunteering!! This program cannot be held without parents or adult volunteers to coach.

Parents - please let Dean Wilborn know the areas you are interested in assisting with Coaching, Assistant Coaching, or Coach's Aid.

Dean.Wilborn@middletownct.gov or 860.638.4503



HOT SHOT CONTEST

To participate you must be preregistered !!

Ages 5 -16 & Parents

November 7

Ages 5 -11 9:30 am

Ages 12 -16 10:15 am

Parents 11:00am

Woodrow Wilson Middle School Gym

\$ 5 resident fee if registered by October 26th

\$10 fee for nonresident or day of registrations

Take your best shot from five different spots on the court!

First and Second place winners gets a free frozen turkey and the chance to advance to a regional competition.

Registration Number: 347040





OUTREACH ADVENTURES NIGHTS

Ages 8 - 15

Fridays

Free

October 2	Fall Theme
November 13	Thanksgiving Theme
January 8	Game Night
February 12	Valentines Theme
March 5	Spring Theme
April 16	Sports Night
May 7	Summer Theme

6:00 pm - 8:00 pm

SITE TBD

Free basketball drills, games, dance, cheer, table, & board games.

Transportation is available at the following bus stops for out-of-town trips only.

Daddario Road, Maplewood Terrace, Traverse Square, and Macdonough School.

Bus Times to be determined.

Registration Number: 415040

OUTREACH ADVENTURES TRIPS

Saturdays

\$5.00

October 3	Metro Movies
November 14	Bowling
January 9	Lazer Quest
February 13	Roller Magic
March 6	Pump It Up
April 17	Lessard Lanes
May 8	Metro Movies

CANCELLED





PROF GALLITTO
YOUTH BASKETBALL LEAGUE

BOYS



PROF GALLITTO BASKETBALL TRYOUTS

For those interested in joining the Winter Basketball League

OCTOBER 23RD @ VALE, MIDDLETOWN

3RD & 4TH GRADE: 5:00-6:00PM

5TH & 6TH GRADE: 6:15-7:15PM

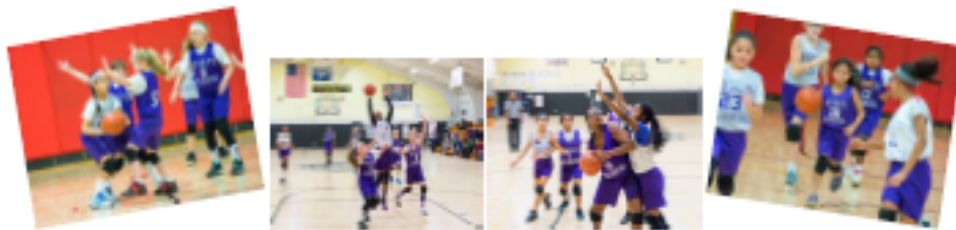
7TH & 8TH GRADE: 7:30-8:30PM

- * Practices to start week of November 30
- * Games will begin December 5
- * Volunteer coaches, please reach out to Ed@valesc.com
- * 1 Parent per player at tryouts
- * Masks must be worn by everyone off the court
- * Players can remove masks on the court

Register at <https://valesc.com/prof-gallitto-basketball> or contact Ed@valesc.com

Prof Gallitto Girls Basketball

Tryouts for new players : **November 7th, 2020** at
Woodrow Wilson Middle School
Grades 3-5 at 9:30 to 10:15
Grades 6-8 at 1:00 to 1:45



All players and parents **need to wear a mask and bring a water bottle.**
Players will be allowed to take off their mask when on the court. Parents with masks will be required to sit on bleachers, **6 feet apart.** Only 1 person or parent is allowed to accompany their player.

K-2 Program will begin January 7, 2021 but parents are welcome to sign up now.

Go to our website, pggbasketball.org, to apply. Applications will not be sent to the schools. Pandemic guidelines will be posted on the website by November 7th.



RECREATIONAL GOLF

These individualized classes are great for beginners and advanced players wishing to improve their game. The sessions include instruction on all aspects of golf, video analysis, and playing the course. Taught at Miner Hills Golf Course by their popular resident professional, George Claffey, who is named one of the top 100 teachers by the World Golf Teachers Federation. These classes include range balls!

No classes are scheduled on Holiday weekends.

Each session includes four one hour classes .

Miner Hills Golf Course: 80 Miner Hills Drive, Middletown

Registration Number: 316316



RECREATIONAL GOLF

Ages 14 +

Mondays September 14 - October 5

5:15 - 6:15 pm

Fee per session: \$50 resident \$55 nonresident



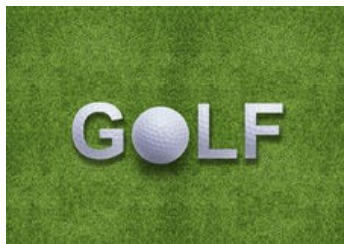
RECREATIONAL GOLF JUNIORS

Ages 7 - 13

Mondays September 14 - October 5

4:00 - 5:00 pm

Fee per session: \$50 resident \$55 nonresident



Recreation also offers
Senior Golf,
Golf FORE Women and Family Golf.
Look for these next spring.



DEEP will only offer Boating courses on line, through 2020.

Please enroll at [CT.gov/deep/Boating](https://www.ct.gov/deep/Boating)

Middletown Recreation Department

Football Skills Flag Football

For Boys and Girls

Ages: 7 -14

October 10 – November 7

Saturdays only

Snow School Field

9:00 am - 10:45 am

Fee: \$ 25 Resident \$ 30 Resident

Registration # 115040 - 04



FRIDAY NIGHT SWIM RESIDENTS ONLY

All Ages

September 25 **THIS DATE CANCELLED**

October 23

November 20

December 18

5:30 pm - 7:00 pm or 7:15 pm - 8:45 pm

MAX 25 SWIMMERS IN EACH TIME SLOT

MUST BE PRE REGISTERED FOR ONE OF THE TWO TIME SLOTS

Woodrow Wilson Middle School Pool

Resident Fees \$2 Ages 3-17

\$5 Ages 18-59

Free Seniors 60+

NO NON RESIDENTS PERMITTED.

NO POOL PASSES WILL BE ACCEPTED FOR FRIDAY NIGHT SWIM.

Children 16 years and younger must be accompanied by an adult.

Only U.S. Coast Guard approved flotation devices.



WINTER SWIM RESIDENTS ONLY

All Ages

December 30

11:30 pm - 1:00 pm or 1:15 pm - 2:45 pm

MAX 25 SWIMMERS IN EACH TIME SLOT

MUST BE PRE REGISTERED FOR ONE OF THE TWO TIME SLOTS.

Resident Fees \$2 Ages 3 - 17

\$5 Ages 18 - 59

Free Seniors 60+

Woodrow Wilson Middle School Pool

NO NON RESIDENTS PERMITTED.

NO POOL PASSES WILL BE ACCEPTED FOR FRIDAY NIGHT SWIM.

Children 16 years and younger must be accompanied by an adult.

Only U.S. Coast Guard approved flotation devices.



KUMSAJADO MARTIAL ARTS

Ages 6 - Adult

THURSDAYS ONLY

Starting January 2021

To participate you must be preregistered!!

Sessions

October 1 - December 31

January 1 - March 30

April 1 - June 30

July 1 - September 30

CANCELLED



Registration Number: 444344

Beginners: 6:00 pm - 7:30 pm

Advanced: 6:00 pm - 8:30 pm

Woodrow Wilson Middle School Cafeteria

Instructor Richard Conforti

rconforti@goldenlionacademy.com

Fee per Session

\$40 three months - residents

\$50 three months - nonresidents

\$60 three months - advanced residents

\$70 three months - advanced nonresidents



We combine Judo, Kung Fu, Hapki-Do, and Tae Kwon Do to create a well-rounded individual.

The advanced class is designed for participants with a Green Belt or higher.

We are a family oriented organization and encourage families to sign up together.

No class on school vacations and snow days.

BLUE DRAGON JUDO

MONDAYS ONLY

Starting Monday SEPTEMBER 21

NEW DAYS FOR FALL

To participate you must be preregistered !!!!

Sessions

October 1 - December 31

January 1 - March 30

April 1 - June 30

July 1 - September 30

Registration Number: 444344

Ages 6 - 13 Beginners: 6:30 pm - 7:30 pm

Ages 13+ Advanced: 7:30 pm - 9:00 pm

Woodrow Wilson Middle School Small Gym

Instructor Pam Hinkle; pehinkle@msn.com



Sessions

October - December

Fee per Session

6:00 pm - 7:30 pm

\$40 for 3 months - resident

\$45 for 3 months - nonresident

No Class - School Vacations & Snow Days

Judo is both a martial art & Olympic sport.

Participants may train for tournaments or simply enjoy fitness & skill development.



CUPCAKES, COOKIES, & CANVASES

7+ may be dropped off or come as a family and paint together.

No experience necessary.

All supplies included

Fee \$10 resident \$15 nonresident

Senior & Community Center

Registration Number: 329080



CUPCAKES, COOKIES, & CANVASES



Friday October 9

6:00 - 7:30 pm

All food served will be prepackaged and individually served.

To participate you must be preregistered !!!!



CUPCAKES, COOKIES & CANVASES



Friday November 13

6:00 - 7:30 pm

All food served will be prepackaged and individually served.

To participate you must be preregistered !!!!



PRE BALLET

Ages 3 - 6

October 5 19 26 and November 2

Mondays 5:00 pm – 5:45 pm

Senior & Community Center Cafeteria

Fee \$35 resident \$40 nonresident

Instructor: Patience Coleman Registration Number: 340340

CANCELLED

This class focuses on creative expression through movement. Students will explore new motor skills and be introduced to basic concepts with a major focus on the joy of dancing.

Some basic ballet foundations will be taught in preparation for future ballet technique.

Please wear a leotard and tights or clothes you can easily move in.

Friends & Fun Programs

For participants of all abilities

To participate you must be preregistered!!



LIFE SKILLS BAKING CLASSES

Ages 10—21

Fridays

September 18

October 2

November 20

December 4

5:30 - 7:30 pm

Fee per class \$10 resident

\$15 nonresident



SENIOR AND REC CENTER

Registration Number: 355351

This program is intended for individuals who would benefit from one-to-one instruction.

Participants will learn baking skills that will aid in becoming self-sufficient.

We enjoy working together, and make plenty to take home and share!

DINNER AND A MOVIE

Ages 10—21

Friday

November 13

5:00 pm - 7:30 pm

Fee \$5 resident \$10 nonresident

SENIOR AND REC CENTER

Registration Number: 355354

Come enjoy games, crafts, lunch and a lot of fun!!

Providing respite for parents and fun for participants.



SATURDAY LUNCH DOWNTOWN MAIN STREET

Ages 10—21

November 7

Meet at the rear entrance to Main Street Market at 11:30 am. We will have lunch and shop.

Please bring money to cover what you would like to buy today. Pick up 1:30 pm.

Registration Number: 355350



SPOTLIGHT ON ABILITY UNIFIED THEATER

This year's show theme is Our "10th Anniversary" Show

SENIOR AND REC CENTER 61 Durant Terrace

Grades 6 and up

Now - Mid November

Rehearsals on Wednesdays 5:00 pm - 7:00 pm
on Saturdays 10:00 am - 12:00 pm

Show Dates: TBD

Snow Dates: TBD

Resident \$20 registration fee

Nonresident \$25 registration fee

Registration number: 355355

Unified Theater is a student-driven initiative that facilitates inclusion of all students through performing arts. Let teens lead and let creativity rule. Unified Theaters partner with middle and high schools, train student leaders, and help them reach a successful final production.

Come see our 10th annual show! It will be something to see!! We promise!!



We are thankful to the
Civitan Club of Middletown
for their continuous
generous donations
and support of our
Friends and Fun
Programs!



{ spotlight on ability }

UNIFIEDtheater®

Middletown Recreation Department

50 Miles in 50 Days Challenge

Continue to stay active with Family and Friends

September 1 - October 20



What's the challenge?

Complete 50 miles in 50 days walking, jogging or running.

Calculation should be:

15 minutes = .75 mile

30 minutes = 1.5 miles

45 minutes = 2.25 miles

60 minutes = 3 miles



Challenge Information

Sign up at www.middletownct.gov/webtrac

- Program # 115040 - 3
- Cost: FREE
- Walk, jog or run, to receive a T-Shirt you must complete the challenge by October 20.
- Keep track of your mileage using a fitness app.

Any questions and to submit your completed log email dean.wilborn@middletownct.gov.

READY, SET, GO!



Adult Programs 18+ @ WWMS RESIDENTS ONLY

LAP SWIMMING

TO PARTICIPATE YOU MUST BE PREREGISTERED!!!!

WE WILL HAVE SIGN UPS FOR SIX LAP SWIMMERS USING THEIR OWN LANES.

THERE ARE NO LOCKER ROOMS AVAILABLE.

START DATE TO BE DETERMINED

Mondays & Thursdays

Sessions: January 1 - June 30

July 1 - December 31

8:00 pm - 8:45 pm

Fee per Session \$20 resident

Seniors 60+ Free

Free if you are registered in water fitness.

Woodrow Wilson Pool

Registration Number: 433436



Enjoy swimming laps at your own pace while getting a

WATER FITNESS

MONDAY OR THURSDAY NIGHT ONLY

TO PARTICIPATE YOU MUST BE PREREGISTERED!!!!

YOU MUST REGISTER FOR MONDAY OR THURSDAY NIGHT. YOU MUST REGISTER FOR ONE NIGHT ONLY.

MAXIMUM OF 12 PER CLASS

THERE ARE NO LOCKER ROOMS AVAILABLE.

START DATE TO BE DETERMINED

Days: Mondays OR Thursdays

Sessions: January 1 - June 30

July 1 - December 31

7:00 pm - 8:00 pm

Fee per Session \$20 resident

Seniors 60+ Free

Woodrow Wilson Pool

Registration Number: 433434



The buoyancy and constant resistance from the water creates a safe environment to focus on body conditioning. Expand your range of motion, breathe deeper and fuller, strengthen and balance muscle groups, and condition slow and quick reflexes.

Adult Programs 18+ @ WWMS RESIDENTS ONLY

CIRCUIT TRAINING

MONDAY OR THURSDAY NIGHT ONLY

To participate you must be preregistered !!!!

START DATE TO BE DETERMINED

YOU MUST REGISTER FOR MONDAY OR THURSDAY NIGHT. YOU MUST REGISTER FOR ONE NIGHT ONLY.

MAXIMUM OF 12 PER CLASS

Mondays OR Thursdays

Sessions: January 1 - June 30
July 1 - December 31

Come between 6:00 - 7:15 to do a 45 minute circuit.

Woodrow Wilson Weight Room

Fee per Session \$20 resident
Seniors 60+ Free

Registration Number: 433432

This is a circuit training program and is open to all levels.

An instructor will monitor and suggest appropriate lifting techniques.



BADMINTON

To participate you must be preregistered!!!

Thursdays

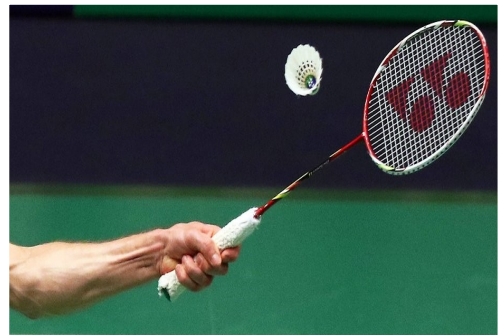
COMING IN 2021

7:30 pm - 9:30 pm

Fee per Session \$35 resident
\$45 nonresident

Woodrow Wilson Gym

Registration Number: 433438



Instructor: Jim Honer (jameshoner@comcast.net)

Players must provide own rackets.

Get great exercise while playing and improving your badminton skills.



Stay Fit,

Happy

and Healthy

SOUTH FARMS TRACK CLUB

Athletes entering grades 5 - 12

To participate you must be preregistered !!

Mondays and Thursdays

September 14 - October 15

5:30 pm - 6:45 pm

Woodrow Wilson Track

Fee: \$60 resident \$70 nonresident

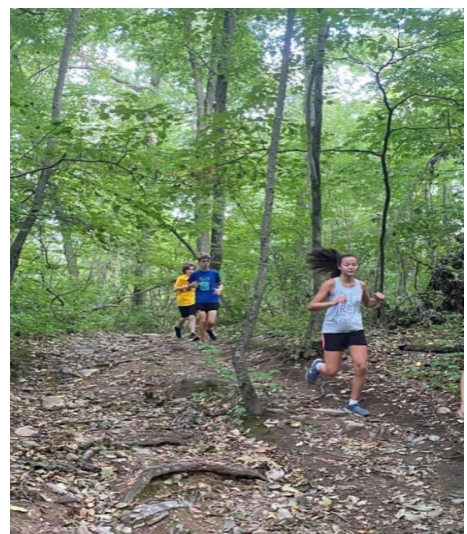
Athletes will learn the fundamentals of Cross Country Running while developing their understanding of “healthy living” and fostering a love of the outdoors. All registered athletes of the South Farms Track Club will receive discounts to a variety of road races directed by JB Sports and be eligible for USATF team competitions.

Instructor: Christopher Stonier southfarmstc@gmail.com

Registration Number: 331102

In order to maintain proper sanitary guidelines, each athlete is responsible for bringing their own water bottle and snack.

Chris Stonier is the head coach of the Cross Country and Track & Field programs at Xavier High School. His journey began back in 2007 when he created Branford's youth running program and he has since led his Xavier athletes to five state championships and one New England championship. In 2017, the team competed at the Nike Cross National race in Portland, Oregon.



Outdoor Rowing Fitness & Conditioning Classes

To participate you must be preregistered !!

Come learn or improve your rowing technique and improve general fitness with outdoor classes by the river!

Our rowing coaches will help you build core, arm and leg muscle strength and work on rowing technique (on rowing machines) to set you up for rowing on the river when we start up again. Classes will involve stretching and strengthening exercises on a yoga mat and rowing machine work. This is open to all levels.

You will be split in separate groups accordingly.

Session 2 October 3 - October 31

Saturdays 10:30 am - 12:00 pm

Fee: \$ 43 residents \$ 48 nonresidents

*Saturdays will be rain dates as needed.

Registration # 111050 - 2

Session 3 October 12 - October 29

Monday, Tuesday & Thursday 6:00 pm - 7:30 pm

Wednesday evening rain dates as needed

Ages: 13 - 99

Fee: \$ 69 residents \$ 75 nonresidents

Registration # 111050 - 04

Come learn or improve your rowing technique and improve general fitness with outdoor classes by the river. Our rowing coaches will help you build core, arm and leg muscle strength and work on rowing technique (on rowing machines) to set you up for rowing on the river when we start up again. Classes will involve stretching and strengthening exercises on a yoga mat and rowing machine work. Participants are required to wear masks except during exercise. Rowing machines will be spaced 12ft apart outside. Please wear stretchy shorts/leggings, tops that do not hang below hips, and sneakers. (Baggy clothing can get caught in the seat rollers.) Please bring your own yoga/exercise mat and reusable water bottle.

We have outdoor lightening now. See you by the river !!

Photo Credit Dan Nocera

& Dan Pickett



BOOK YAK ON A KAYAK

Friday, September 18

9:45 am - 11:30 am

Please arrive by 9:45 am.

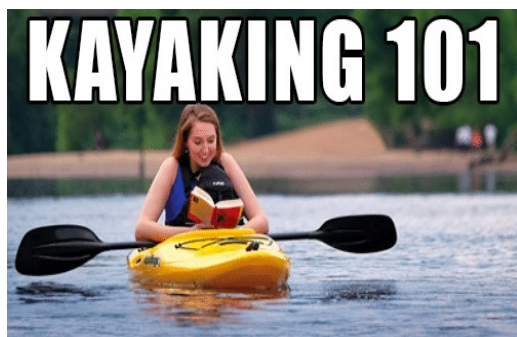
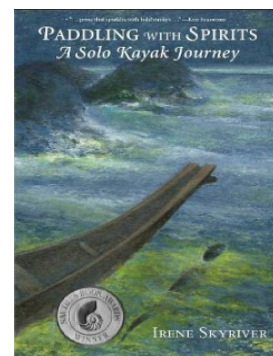
We will leave the dock promptly at 10:00 am.

Rain cancels the event.

Russell Library and the Middletown Recreation are partnering for a one of a kind book discussion.

Meet us at Crystal Lake in Middletown to discuss '*Paddling with Spirits: A Solo Kayak Journey*,' by Irene Skyriver. The discussion will take place on the water aboard kayaks or canoe.

Due to COVID19 Participants must bring their own paddle craft/personal floatation device.



<https://portal.ct.gov/DEEP/Boating/Boat-Launches/Crystal-Lake-Boat-Launch---Middletown>

244 Livingston Road, Middletown, CT

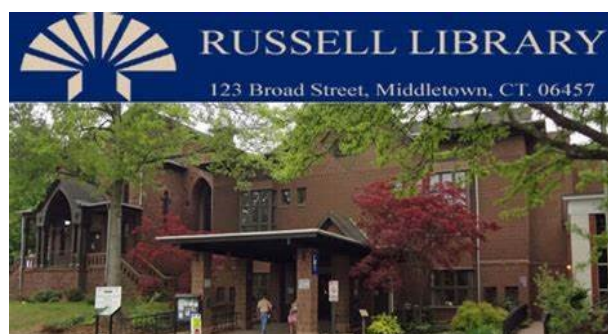
Registration is required for all paddlers.

Participants may bring their own paddle craft/personal floatation device.

A limited number of kayaks/canoes are available.

To reserve one, please e-mail Christy Billings: cbillings@russelllibrary.org

Copies of the books are available at the Borrowing Desk at Russell Library.



DRUMS ALIVE

Ages 8 - 88

Wednesdays

November 18, December 2 , 9 and 16

6:30 - 7:15 pm

Fee \$ 45 resident

\$50 nonresident

Spencer School Cafeteria

Registration Number: 318110

Ever felt like drumming along to your favorite song on the car radio? Cardio Drumming is a class that combines great music with movement. The Drums Alive program is designed to be very inclusive and is a unique sensorimotor experience that appeals to many people who aren't inspired by traditional sports or other group fitness activities. The aim of this class is to create a fun and inclusive environment where everyone families, individuals with and without disabilities, people of all ages, shapes and sizes can indulge in the joy of movement together and reap the physical, mental, social, and emotional benefits of physical activity.



ALL LEVELS YOGA

Ages 16+ No Experience Necessary

Wednesdays 5:30pm - 6:30pm

NO FALL CLASSES PLEASE LOOK FOR CLASSES IN JANUARY!

Senior & Community Center Multi -Purpose Room · Instructor: Suzan Sirois-Riesbeck, RYT ·

Registration Number: 428090

Yoga for any level of practice a well balanced mix of yoga poses, breathing and relaxation exercises to develop a stronger body and mind. This series is designed to reinvigorate your soul and strengthen the body mind connection. Modifications will be provided on an individual basis to personalize the practice to your capabilities. Equipment needed: yoga mat, water bottle, and wear comfortable clothing.



VOLLEYBALL

Ages 18+

Wednesdays

6:15 pm — 8:30 pm

Session 1

October 14, 21, 28

November 4, 18

December 2

Tuesday November 24 *No Volleyball Wednesday November 25

Fee per Session: \$30 resident \$35 nonresident

Snow School Gym with a maximum of 12 participants





The People Plant Connection

FRIDAY OCTOBER 30	6:30 - 7:30	PUMPKINS
FRIDAY NOVEMBER 6	6:30 - 7:30	PLANTS THAT CLEAN THE AIR
FRIDAY NOVEMBER 13	6:30 - 7:30	KEUKENHOF GARDENS OF THE NETHERLANDS
FRIDAY NOVEMBER 20	6:30 - 7:30	ELECTRICITY FROM PLANTS
FRIDAY DECEMBER 11	6:30 - 7:30	HOLIDAY CACTUS

Jeff The Plant Guy Programs of Social and Therapeutic Horticulture Entertainment and Education.

Thepeopleplantconnection.com

Inventor of the, The Go 2 Garden, raised bed wheelchair/walker/chair or standing accessible planter.

Thego2garden.com

Published author November 2018

"How to Kill a House Plant" a guide to house plant care & adoption, a little bit about "Jeff the plant guy" with a few anecdotes thrown in for fun.

The Lil Plant Shop with hundreds of plants to fall in love with. Plants make people happy!!

The Li 'l Plant Shop

8 East Main Street

Downtown Plainville, CT 06062

Facebook @lilplantshop17





Fee per session: \$30 resident \$35 nonresident

Balls are provided. Some racquets are available.

Registration Number: 350450



TENNIS COURTS ON NEWTOWN STREET

SESSION ONE

September 8 - September 29

Tuesdays

"No Fault"

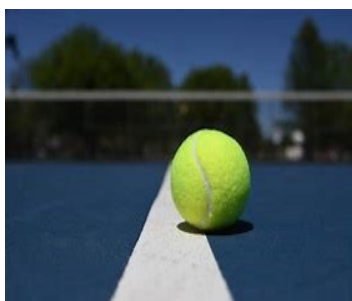
Ages 6 – 10

Time: 5:30 – 6:15 pm

"Serves You Right"

Ages 10 - 14

Time: 6:15 – 7:00 pm

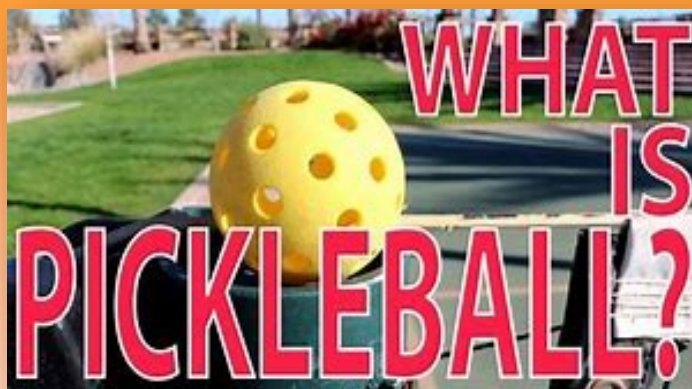
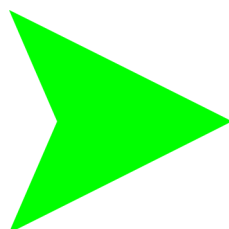


LINES ON THE COURT

White Lines for Tennis

Blue Lines for JR Tennis

Gray Lines for Pickle Ball



FREE INTRO TO PICKLE BALL

Ages 16+

Thursdays

August 20 & 27

September

3 ,10 ,September 17, 24 and

October 1, 8, 15,22 and 29.

5:45 pm



Saturdays

August 29 & September 5

10:00 am

Pat Kidney Courts off of Newtown Street

Now lined with appropriate pickle balls lines!

Instructor: Janice Skene

Registration Number: 436436

Pickleball is a paddleball sport, similar to a racquet sport, that combines elements of tennis, badminton, and table tennis.

Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball over a net.



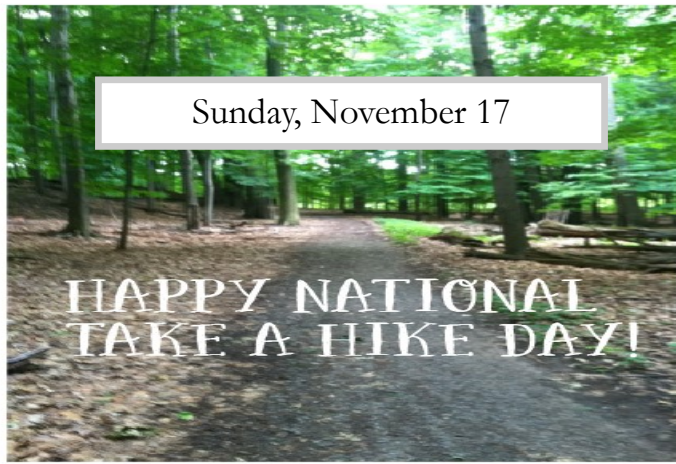
FREE FALL NATURE WALKS All Ages

To participate you must be preregistered !!

Children under 16 must attend with an adult

Beth Lapin, Ecotherapist

Wear hiking shoes and bring a light snack and water. Leashed dogs generally okay please check for specifics. Registration Number: 460460



Grab your hiking boots, the dog, a couple of energy bars, and some water. It's time to hit one of America's 60,000 miles of trails in the National Trail System. On November 17, it's National Take a Hike Day, an annual event designed to get you outdoors for some fresh air, scenery, and exercise. Hiking is a cross-country-long walk to get that heart pumping while you breathe deeply in air that's not clogged with auto fumes and pollution. You never know what you'll see out on the trail.



MULTI-USE TRAILS

Joggers, walkers, strollers, cyclists, wheelchairs, and roller bladders are welcome to enjoy the trail. The trail begins at the Middle Street and Timber Ridge Road intersection to Smith Street to the Westlake Drive and Rising Trail Drive intersection. Trails are open through November.

<http://www.middletownplanning.com/documents/mdtntrailguide.pdf>

SEPTEMBER NATURE WALK

Saturday, September 12

Time: 10:00 a.m. lasts ~1.5 hours

Location: McCutcheon Park Area - from Randolph Road (Route 155), turn south onto Millbrook Road. Follow Millbrook for 1.5 miles and take fifth right onto Livingston Road. After 0.2 miles, turn right into the park at Crystal Lake. Meet towards the left near the original buildings.

(GPS address: 108 Livingston Road)

The hike, walk with some ups and downs, will cover forest, rock overhangs, and meadow areas in the woods west of the lake and include a discussion of Native uses of the area.

SEPTEMBER NATURE WALK & LUNCH

Day/Date: Saturday, September 12

Time: 11:30 a.m.

Location: McCutcheon Park Area - from Randolph Road (Route 155), turn south onto Millbrook Road. Follow Millbrook for 1.5 miles and take fifth right onto Livingston Road. After 0.2 miles, turn right into the park at Crystal Lake. Meet at the pavilion, towards the left near the original buildings. (GPS address: 108 Livingston Road).

PREREGISTRATION REQUIRED!

OCTOBER NATURE WALK

Saturday, October 3

Time: 10:00 a.m. lasts ~ 3.5 hours

Location: Mt. Higby, on Route 66, about a 1/4 mile west of the junction with Higby Road

After the old Red Dog Saloon, look for an unmarked driveway on the right (north) with an orange cone that leads to the reservoir leads to the reservoir (west of the driveway with mail box #238 Route 66, Middlefield).

Follow it to the buildings and park.

We will have a rare opportunity to access the Mattabesett Trail through the city's water department lands that include Higby and Adder Reservoirs. This is a more difficult hike due to length (4.5 miles) and steepness.

WESLEYAN WALKING PROGRAM

INDOOR WALKING MAY RESUME JANUARY, 2021

Ages 50+ Middletown Resident only

Monday-Friday 7:00 am - 9:30 am

During Wesleyan Spring Training 9:00 am - 11:00 am

Wesleyan University Freeman Athletic Center

Registration Number: 438438



Free, unsupervised program. Walk at your own pace. Wear walking pass at all time!

- ♦ Facility availability may vary due to Wesleyan events and activities.
- ♦ Proof of age and residency is required when registering

We realize that the indoor track is a little bit shorter than the outdoor track; please adjust your numbers accordingly.

Thanks to Wesleyan University for sponsoring this program!

LADY KATHARINE FALL CRUISE WILL NOT SAIL THIS YEAR !

Ages 50+

Middletown resident only

\$1.00 Non-Refundable Registration Fee

Registration begins September 1

Wednesday , October 7

Arrive at the Dock at Harbor Park at 9:30 am

Cruise departs PROMPTLY at 10 am and returns at 11:45am.

Sail the Connecticut River on The Lady Katharine,
with a light breakfast provided!



The boat has three levels with a bathroom on the lower level.

Registration Number: 525525

We will start registering for the May 11, 2021 cruise on April 1, 2021.

We will start registering for the October 12, 2021 cruise on Sept 1, 2021.

Bernie O' Rourke & Detroit Hunter

69th Memorial Christmas Toy Drive

Middletown families who are eligible may apply between Monday, November 16 and Friday, December 11.

You must complete our application and provide proof of residency and each child's birth certificate.

NO applications will be accepted after Monday, December 14th.

Applications will be accepted in person **only**.

NO applications will be accepted by mail.

Gifts will benefit children 12 and under **only**.



Picking up toys :

You will be called with an appointment time to pick up your toys between December 9 and December 19.



BERNIE O'ROURKE DETROIT HUNTER MEMORIAL CHRISTMAS TOY DRIVE

All toys are donated to children in Middletown.
Please drop off any toys to our office.



Our office is open for new unwrapped toy donations,

Monday thru Friday from 8:30am to 4:30pm.

Donations should be in by December 14.



LOOK FOR WINTER HOLIDAY PROGRAMS

IN OUR NEXT BROCHURE:

- | | |
|----------------------------------|-----------|
| ⇒ PICTURES WITH SANTA | DEC 5 |
| ⇒ EVERGREEN TABLETOP DECORATIONS | DEC 4 & 5 |
| ⇒ FAMILY HOLIDAY FUN | DEC 12 |



CITY OF MIDDLETOWN'S SKATING RINK

Saturday, November 28 - March 28

Every Saturday and Sunday 12:00 pm – 4:00 pm

One Saturday a month, the rink will open until 7:00pm

Saturday, November 28

Saturday, December 26

Saturday, January 30

Saturday, February 27

Saturday, March 27



SKATING RINK ADMISSION FEES

Middletown Residents:

Adults \$5.00

Kids \$3.00

Non Residents:

Adults \$8.00

Kids \$3.00



Season Pass (includes skate rental):

Resident Family Pass \$25.00

Resident Individual Pass \$15.00

Resident Senior Pass Free

Non resident Individual Pass: \$30.00

Non resident Family Pass \$50.00

Non resident Senior Pass \$15.00

Skate rental: \$4.00 for non season pass holders

Rink Rental: \$125/hour

This rate includes one staff person.

Any additional staff will be charged at \$15 per hour.

For groups of 15 or more during operational hours, \$4/person all inclusive.





Help Middletown Recreation

SEND A KID TO SUMMER CAMP!

PLEASE CONSIDER DONATING TO HELP US SAY YES
TO EVERY CHILD WHO WANTS TO GO TO CAMP!

Any amount really makes a difference. Sending a kid to camp for just one
week (\$80) will ensure that they engage in fun, productive, and safe
activities during the summer.

- Mail us or drop off a check made out to
"Middletown Recreation Summer Camp."
- Cash donations can be made in the office
at 61 Durant Terrace.
- Credit card donations can be made over
the phone or at 61 Durant Terrace.

860.638.4500



Fall Leaf Collection

Leaf Collection will begin the end of October. At this time the curbside bulk waste and brush collections will be suspended. Only storm related brush will be collected through the winter. Plan accordingly. Watch the [Public Works webpage](#) or [Facebook page](#) for specific dates or sign up for the recycling notifications (see below).



Household Hazardous Waste Collection Day



Sat. Oct. 3, 2020 * 9am - 1pm

Middlesex Community College,
100 Training Hill Road, Middletown

Due to the fluid situation of COVID-19, please check to confirm this event is happening. Updates will be posted on <https://www.middletownct.gov/1131/COVID-19-Public-Works-Information> or call 860.638.4855.

Interested in staying up to date with Middletown recycling activities? Paper Shred Dates? Recycling tips? New ways to recycle? What to Recycle? Recycling Programs and Children's Activities?

Sign up to receive recycling emails or text message notifications!

Instructions:

Go to <http://www.middletownct.gov/955/Notifications>

Click on "Sign Up for Notifications"

Fill in your email address and check the box if you want emails and/or text messages. Then select the "Recycling Communication" from the Notify Me section.

They will send you an email or text to confirm the subscription.

OR email the Recycling Coordinator at kim.orourke@middletownct.gov and she can facilitate. Stay informed! Don't fall out of the recycling loop!



Middletown Recycling



860-638-4855 • kim.orourke@middletownct.gov • <https://www.middletownct.gov/190/Recycling>

If you are interested in teaching a course
for Middletown Recreation, please call

860 - 638 - 4500

